

## CLAIMS

What is claimed is:

1. A partially stabilized exercise device for performing core body exercises, comprising:

a flexible inflatable bladder having a degree of curvature, the bladder being configured and arranged to support a user exercising thereon when said bladder is inflated; and

a loose filler disposed within the bladder to stabilize the bladder with respect to a support surface, the filler being configured to move in the bladder when the bladder is moved.

2. The exercise device of claim 1, wherein the filler is selected from the group comprising sand, beads, gel, water, and combinations thereof.

3. The exercise device of claim 1, wherein the bladder is impermeable to air.

4. The exercise device of claim 3, wherein the bladder comprises polyvinyl chloride.

5. The exercise device of claim 1, wherein a weight of the filler and a volume of the inflated bladder have a ratio within a range from about 2 grams / liter to about 26 grams / liter.

6. The exercise device of claim 1, wherein a weight of the filler and a volume of the inflated bladder have a ratio within a range from about 6 grams / liter to about 20 grams / liter.

7. The exercise device of claim 1, wherein a weight of the filler and a volume of the inflated bladder have a ratio within a range from about 10 grams / liter to about 16 grams / liter.

8. The exercise device of claim 1, wherein the bladder is substantially spherical.

9. The exercise device of claim 1, wherein the bladder is substantially oval or substantially egg-shaped.

10. The exercise device of claim 1, wherein the outer surface of the ball is grip texturized.

11. The exercise device of claim 1, wherein the bladder is translucent and the filler therein has a color selected to correspond to a specific weight of filler therein.

12. The exercise device of claim 1, wherein the bladder is translucent and the filler therein has a color selected to correspond to a specific size of bladder.

13. The exercise device of claim 1, wherein the volume of the filler is less than about 75 percent of the overall volume of the bladder.

14. The exercise device of claim 1, wherein the volume of the filler is less than about 50 percent of the overall volume of the bladder.

15. The exercise device of claim 1, wherein the volume of the filler is less than about 25 percent of the overall volume of the bladder.

16. The exercise device of claim 1, wherein the volume of the filler is less than about 10 percent of the overall volume of the bladder.

17. The exercise device of claim 1, wherein the volume of the filler is less than about 5 percent of the overall volume of the bladder.

18. The exercise device of claim 1, wherein the volume of the filler is less than about 1 percent of the overall volume of the bladder.

19. The exercise device of claim 1, wherein the volume of the filler is approximately 0.5 percent of the overall volume of the bladder.

20. The exercise device of claim 1, wherein the diameter of the bladder is in the range of about 15 cm to about 115 cm.

21. The exercise device of claim 1, wherein the diameter of the bladder is in the range of about 23 cm to about 105 cm.

22. The exercise device of claim 1, wherein the diameter of the bladder is more than about 25 cm.

23. The exercise device of claim 22, wherein the weight of the filler is in the range of about 28 grams to about 6.8 kilograms.

24. The exercise device of claim 22, wherein the weight of the filler is in the range of about 113 grams to about 4.5 kilograms.

25. The exercise device of claim 22, wherein the weight of the filler is in the range of about 681 grams to about 1.36 kilograms.

26. The exercise device of claim 22, wherein the weight of the filler is at least about 113 grams.

27. The exercise device of claim 1, wherein the diameter of the bladder is more than about 35 cm.

28. The exercise device of claim 27, wherein the weight of the filler is in the range of about 28 grams to about 6.8 kilograms.

29. The exercise device of claim 27, wherein the weight of the filler is at least about 113 grams.

30. The exercise device of claim 27, wherein the weight of the filler is at least about 681 grams.

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31. A partially stabilized exercise device for performing core body exercises, comprising:

a flexible inflatable bladder having a degree of curvature and a diameter of at least about 35cm, the bladder being configured and arranged to support a user exercising thereon when said bladder is inflated;

a loose filler disposed within the bladder, the filler being selected to flow on an inner surface of the bladder when the bladder is rolled; and

wherein a weight of the filler and a volume of the inflated bladder have a ratio within a range from about 2 grams / liter to about 26 grams / liter, such that the weight of the filler stabilizes the bladder with respect to the support surface.

32. The exercise device of claim 31, wherein the filler is sand.

33. The exercise device of claim 31, wherein the weight to volume ratio is within a range from about 6 grams / liter to about 20 grams / liter.

34. The exercise device of claim 31, wherein the weight to volume ratio is within a range from about 10 grams / liter to about 16 grams / liter.

35. The exercise device of claim 31, wherein the bladder is translucent and the filler therein has a color selected to correspond to a specific weight of particulate therein.

36. The exercise device of claim 31, wherein the bladder is translucent and the filler therein has a color selected to correspond to a specific size of bladder.

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37. A partially stabilized exercise device for performing core body exercises, comprising:

a flexible inflatable bladder having a degree of curvature and a diameter between about 55cm and about 75cm, the bladder being configured and arranged to support a user exercising thereon when said bladder is inflated;

a loose particulate disposed within the bladder, the particulate being selected to flow on an inner surface of the bladder when the bladder is rolled; and

wherein a weight of the filler and a volume of the inflated bladder have a ratio within a range from about 6 grams / liter to about 20 grams / liter, such that the weight of the particulate stabilizes the bladder with respect to the support surface.

38. The exercise device of claim 37, wherein the particulate is sand.

39. The exercise device of claim 37, wherein the weight to volume ratio is within a range from about 10 grams / liter to about 16 grams / liter.